



Herb of the week ending 1st March 2014



Isn't the awakening of the plant realm accelerating at an ever greater rate? All the Mint (Laminaceae) family member perennials are already becoming established below the old skeletal growth of last year. Some of the first to complete their flowering process early are the Yellow Archangel (*Lamium galeobdolon*) and White Dead Nettle (*Lamium album*). Plants are so impressive to demonstrate that not only do they know that different species of plants exist around them, they also know what they look like and what protective features they use, hence the non-stinging White Dead Nettle pretends to look like Nettle to avoid being eaten, clever, eh?

To share a little about the topography of our herb farm: the curved layout of the “hedge that went for a wander”, that is, our medicinal hedgerow was planted to reflect the natural curve in the landscape around us: Bennan headland and the curved bay of Pladda island; both key features in our area which were picked up on during our initial Contemplative Landscape Study prior to any planting or changing features on our 8 acres of land here on the Isle of Arran when we first arrived 13 years ago.



This contemplative approach to Nature, inspired by Germany's bard, Goethe and further evolved by Steiner informs my herbal practice of over 20 years and inspires our workshops. For more info regarding the method behind this approach see

<http://veganherbal.com/wp-content/uploads/plantstudy.pdf>

It offers a crossover into the plant realm using all our senses and our hearts fully open to use keen botanical observation and meditation to create intimate involvement with a chosen plant, whilst at the same time beholding an inner unfoldment within as the plant reveals itself to us. If this sounds like something you would like to experience, get in touch.

